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Illinois, Dept. of Agriculture, Bureau of Ag. - 1914

# The Health and Welfare of Our Nation

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HOW TO KEEP PHYSICALLY AND  
MENTALLY FIT

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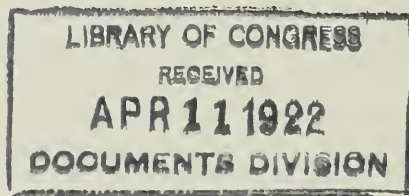
Short and Practical

Valuable Cooking Recipes

DEPARTMENT OF AGRICULTURE  
STATE OF ILLINOIS  
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DIVISION OF DAIRY EXTENSION  
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THE HEALTH AND WELFARE OF OUR NATION



PARENTS—Do you want your children hindered in life's battle? If you want your children well developed both mentally and physically as nature intended them to be, you must accept nature's plan and act accordingly.

There are thousands of children who are getting all they want to eat, but are not receiving the kind of food which they require to develop their minds and bodies.

EVERY CHILD HAS A RIGHT TO DEVELOP BOTH MENTALLY AND PHYSICALLY TO THE GREATEST POSSIBLE EXTENT. This can only be done by the use of the products of the Dairy Cow in abundance.

NATURE'S MOST PERFECT FOOD

MILK—BUTTER—ICE CREAM AND CHEESE

When you substitute for these you are doing yourself and your family an injustice.

ARE YOUR CHILDREN BEING GIVEN A DRINK OF MILK IN SCHOOL during each half day of study? If not, you should impress the importance of this upon the school board and write to the Division of Dairy Extension, Department of Agriculture, Springfield, Illinois, for information as to how it is being done elsewhere.



## THE HEALTH AND WELFARE OF OUR NATION



DO YOUR CHILDREN CLAIM NOT TO LIKE MILK? If so, there is something wrong, for it is not natural for a child not to like this food, which is so necessary for its development. Someone may have talked to the child in such a way as to have caused it to think that milk is not good or the child may have been given some old bad flavored milk at some time. No matter what the cause may be the idea that has taken root in the child's mind should be corrected as quickly and as diplomatically as possible. The average child should have at least a quart of milk per day.

MR. BUSINESS MAN—When you are tired in mind and body, why not refresh yourself by taking a glass of cold milk, thereby doing yourself a real good instead of injuring yourself by taking into your system one of the many harmful nerve destroying beverages so commonly used.

MILK WILL REFRESH YOU, put more energy and strength in you. A more efficient individual you will be, if you use more of the products of the Dairy Cow.

THE HEALTH AND WELFARE OF OUR NATION



BUTTER HAS NO SUBSTITUTE

There are no substitutes for the products of the Dairy Cow. The health and welfare of our nation depends upon them. When you attempt to substitute for them, you are only denying yourself and your family that energy giving food which nature presents as her most perfect product.



## THE HEALTH AND WELFARE OF OUR NATION

What could be more delicious than Ice Cream which is a valuable article of food? Everyone likes Ice Cream and more of it should be used for in it we have a very nourishing article of food which is a real pleasure to eat.



Try a piece of cheese with your next piece of pie.

MR. FARMER—Are you guilty of ever taking milk, cream or other produce to town, selling it and taking back home a so-called butter substitute for your family to eat? If you are guilty of this, you have no reason to complain if the price of dairy products is unreasonably low, for you are not loyal to your own business, and at the same time you are depriving your family of the dairy products they so much need.



## RECIPES

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By courtesy of the National Dairy Council

### PARKER HOUSE ROLLS

2 cups scalded milk (skim)  
3 tbsp. butter  
1 tsp. salt  
1 yeast cake dissolved in  $\frac{1}{4}$  cup  
lukewarm water

Dissolve yeast in water, melt butter, combine all ingredients except flour. Add flour gradually, beating vigorously until no more flour can be added. Cover and allow to rise until three times original bulk. Roll  $\frac{1}{2}$  inch thick. Cut, spread half with butter and fold over. Put in buttered tins to rise, placing 1 inch apart. Bake when light in a hot oven 15 to 20 minutes.

### WAFFLES

1 egg  
1 cup sour milk  
1 cup flour  
1 tbsp. butter  
1 tsp. soda  
 $1\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{2}$  tsp. salt

Mix and sift flour and baking powder. Beat egg thoroughly, add sour milk, flour and salt. Dissolve soda in  $\frac{1}{2}$  tbsp. cold water. Add to mixture. Beat thoroughly. Cook on oiled, hot waffle irons and serve hot with maple syrup.

### SOUR MILK BISCUIT

1 qt. flour  
1 tsp. soda  
1 tsp. salt  
1 tsp. sugar  
2 tbsp. butter  
Sour milk to moisten  
(about  $1\frac{1}{2}$  cups)

Sift dry ingredients together, cut in butter with knife, add milk to make a stiff dough. Roll out thin and bake in hot oven. Serve hot with honey or maple syrup.

### SOUR CREAM COOKIES

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cup sugar  
2 eggs  
 $\frac{1}{2}$  cup sour cream  
1 tsp. soda  
Flour to roll

Cream the butter, add the sugar and eggs, well beaten. Sift soda with the flour, and add alternately with cream to first mixture. Roll out, cut, and sprinkle top with sugar.

## THE HEALTH AND WELFARE OF OUR NATION

### SOUR CREAM SALAD DRESSING

1 cup sour cream whipped until stiff.

Add flavoring of lemon and pineapple juice during the whipping. Season with salt and a dash of curry powder, when it is to be served with vegetable salads, but using only the fruit flavoring when used on fruit salad on crisp lettuce leaves.

Suggestion—

Sour whipped cream can be substituted for sweet cream in any boiled salad dressing recipe.

### CREAM OF TOMATO SOUP

3 tbsp. butter  
3½ tbsp. flour  
2 cups canned tomatoes  
¼ tsp. soda  
1 tsp. salt  
1 tsp. chopped onion  
1½ cups cold milk

In sauce pan melt butter, add flour and stir to smooth paste; then add the tomatoes gradually, blending it with the flour mixture. Add soda and onion. Return to fire and cook 5 minutes. Strain and cool.

When cold, add 1½ cups cold milk. Heat in double boiler and serve. May be garnished with whipped cream.

### POTATO SOUP

3 potatoes  
1 pt. milk or  
1 pt. milk and water  
2 tsp. chopped onion  
1 tbsp. butter  
1 tbsp. flour  
1 tsp. salt  
⅛ tsp. white pepper  
2 tsp. chopped parsley  
Celery salt

Cook the potatoes until soft and drain; cook the milk and onion in a double boiler. Beat the potatoes with a wire potato masher, add the hot milk, strain and use as a liquid to make the white sauce. Cook 5 minutes and add the chopped parsley just before serving.

## THE HEALTH AND WELFARE OF OUR NATION

### CHEESE SOUP

- 1 qt. milk
- 1 tbsp. onion
- 1 blade mace
- 1 pepper pod
- 2 tbsp. butter
- 2 tbsp. flour
- $\frac{1}{2}$  cup grated cheese
- 2 egg yolks
- 1 tsp. salt
- $\frac{1}{4}$  tsp. white pepper

Scald milk, onion, mace and pepper pod. Melt butter in sauce pan, blend flour with melted butter. Strain milk and seasonings, and add gradually to flour mixture, stirring all the time. Return to double boiler to cook. When creamy, add the cheese, salt and pepper, stirring until cheese is melted. Then pour over well-beaten egg yolks, stirring all the time. Whip until frothing and serve.

### SOFT CUSTARD

- 2 cups scalded milk
- 3 egg yolks
- $\frac{1}{2}$  cup sugar
- $\frac{1}{8}$  tsp. salt
- $\frac{1}{2}$  tsp. vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon; strain immediately, chill and flavor. If cooked too long the custard will curdle. Should this happen, by using a Dover egg beater, it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin. When eggs are scarce, use yolks two eggs and  $\frac{1}{2}$  tablespoon corn starch.

### CHEESE SAUCE NO. 1

- 1 cup milk
- 2 tbsp. flour
- 1 oz. cheese ( $\frac{1}{4}$  cup of grated cheese)
- Salt and pepper

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted. This sauce is suitable to use in preparing creamed eggs, or to pour over toast, making a dish corresponding to ordinary milk toast, except for the presence of cheese. It may be seasoned with a little curry powder and poured over hard-boiled eggs.

## THE HEALTH AND WELFARE OF OUR NATION

### CHEESE SAUCE NO. 2

Same as Cheese Sauce No. 1, except that the cheese is increased from 1 to 2 ounces. This sauce is suitable for using with macaroni or rice, or for baking with crackers soaked in milk.

### CHEESE SAUCE NO. 3

Same as Cheese Sauce No. 1, except that two cupfuls of grated cheese, or 8 ounces, are used. This may be used upon toast as a substitute for Welsh rarebit.

### ICE CREAM

1 gallon whole milk  
 $\frac{1}{2}$  pint sweet cream  
4 cups sugar  
7 eggs

Flavor to taste, stir together, freeze.

### ICE CREAM

1 qt. cream  
 $\frac{3}{4}$  cup sugar  
1 tbsp. vanilla

Mix all together and freeze. This may be varied by adding candied cherries, fruits, chopped nuts, macaroons, caramel, concentrated syrups or chocolate syrup.

### CHOCOLATE SYRUP

$\frac{1}{4}$  cup cocoa  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  tsp. ground cinnamon  
 $\frac{1}{2}$  cup water

Mix cocoa, sugar and cinnamon and add the water. Cook for 5 minutes. Cool and pour over cream.

### MILK SHERBET

$\frac{1}{4}$  cup lemon juice  
2 cups sugar  
1 qt. milk  
1 egg white  
1 cup pineapple, grated

Mix sugar and lemon juice, stirring constantly while slowly adding the milk. Pour into the freezer, add the whites of eggs beaten until stiff and partially freeze. Then add the pineapple and finish freezing.

Crushed strawberries, or other fruits, such as peaches, grape juice, or concentrated syrups, may be added instead of pineapple.





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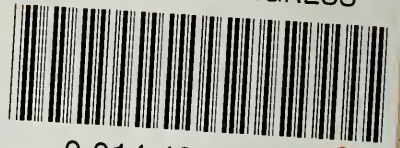


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